



TRAIL RUN CARCARÁ

CABO DE STO AGOSTINHO - PE 27.11.2022

CARCARÁ

Tiago Almeida

Corredores de Gaibu

Course : 10KM SOLO MASCULINO 36-49 ANOS

Distance : 9900m (Climbing 390m)

Time : 1:27:40,128 (8'51"/km)

15/25

O.K.

[Full result on Webres](#)

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|----------------------------------|-------------|
| 1. Rodrigo Santos De Souza Souza | 0:59:14,679 |
| 2. Carlos Alberto Da Silva | 1:00:04,898 |
| 3. Tercio Silva | 1:02:42,406 |

1.	81	00:02:18		490m	4'42"/km	BATE E VOLTA MIRANTE VILA VELHA
2.	82	00:37:40	00:39:58	4370m	8'37"/km	FORTE CASTELO DO MAR
3.	84	00:21:53	01:01:51	2420m	9'03"/km	RETORNO 10K PRAIA
4.	83	00:17:20	01:19:11	1820m	9'31"/km	INÍCIO DESAFIO - H2O 2
5.	999	00:08:29	01:27:40	790m	10'44"/km	CHEGADA - FIM DESAFIO

HELGA



Orienteering Software